

Promotion tests impact deployed

AIR FORCE PERSONNEL CENTER — Commanders of technical and master sergeants facing short notice deployments now have greater flexibility as to when their troops test for promotion.

New overseas manning requirements and the freezing of the Air Expeditionary Force cycle prompted officials here to adapt new procedures for deploying airmen.

In the past, the number of airmen receiving deployment orders while in their testing window was small, said Ken Schwartz, chief of the test management section at Randolph AFB, Texas.

They were generally required to test before departing, providing they had access to study materials for at least 60 days.

“This cycle, we gave commanders a little more flexibility to say whether a person should test before or after their deployment,” he said. “It seemed like the right thing to do to keep WAPS testing in sync with the acceleration of the AEF rhythm.”

Now, noncommissioned officers in the current test window, receiving short notice orders can have their commander delay testing if circumstances warrant, said Schwartz.

Those who delay their testing will test out of cycle when they return.

Officials are also considering the merits of applying this change to those testing for staff sergeant May 1 to May 31. However, no decision has been made.

For more information call the career enhancement office at Ext. 2582 or visit the enlisted promotions homepage at <http://www.afpc.randolph.af.mil/eprom/>.

Air Force officials also plan to announce the service’s newest senior master sergeants March 19.

The list of those promoted at each installation is releasable the first duty hour on the release date. The entire list will be posted on the Air Force Personnel Center’s Web site by March 21.

Those selected will be promoted to senior master sergeant between April and March 2004 in monthly increments.

Promotion statistics will be released as soon as they become available.

The Senior NCO Academy primary and alternate list will also be released with the promotion list. *(Courtesy of Air Force Personnel Center News.)*



Airman Alexis Lloyd

Tops In Blue performers sing for more than 1,000 people at Joe Cook Auditorium Sunday.

Tops In Blue dazzles Columbus

Airman Alexis Lloyd
Public affairs

More than 1,000 people gathered in Joe Cook Auditorium to watch the Air Force’s premier entertainers Sunday.

Tops In Blue performed a 90-minute show to entertain Columbus.

“The show was very energetic, upbeat and entertaining,” said Rachel Kasic, 14th Services Division marketing. “It was the best live show I’ve seen.”

Tops In Blue celebrated the diverse American music that cap-

tures people’s heritage and represents the pride of the nation.

This year’s show included big-band swing, Latin sounds and down home country music.

The entertainment built to a stirring medley that embraces the patriotism of America.

Columbus is one of the last stops for the “Expeditionary Entertainers,” team of 30 active-duty military people who traveled to 20 countries and performed more than 130 shows.

“You couldn’t help liking Tops In Blue,” said Airman 1st Class McClendon, 14th Mission Support

Group. “I enjoyed all the colorful outfits the performers were wearing as well as all the talent they had.”

Tops In Blue closed the performance by singing, “God Bless the U.S.A.” by Lee Greenwood.

The audience offered a standing ovation in appreciation of the performance.

“I think it is important to attend events like this since you usually only get one chance to view a performance,” McClendon said.

“They are very motivating. I enjoyed the entire show from the singing and dancing to the honor guard.”

NEWS BRIEFS

Car wash

The multicultural committee sponsors a car wash from 9 a.m. to 1 p.m. at the exchange. Donations are accepted. For more information, call Ext. 2167.

OSC social

The deadline to register for the next officers’ spouses’ club social is noon Tuesday.

The social is at 6:30 p.m. March 18, and the program includes gardening tips.

The menu is chicken alfredo with broccoli for \$11.50 per person, and club members receive a \$2 discount.

New members are welcome. For more information, call Kristi Wahlsten at 434-5304 or e-mail krittilynn@earthlink.net.

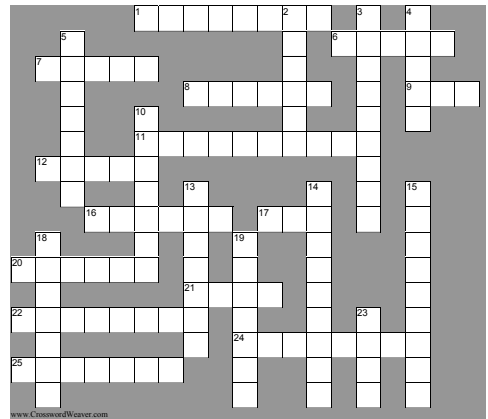
Wing commander’s calls

The 14th Flying Training Wing commander’s calls are at 1 and 3 p.m. today at the base theater. For more information, call Ext. 7000.

Columbus AFB welcomes the inspector general team.

CROSSWORD

This puzzle is brought to Columbus AFB by the Operational Readiness Inspection team. It is designed to get the base familiar with the ORI.



Across

- 1 Uniform Code of ____ Justice
- 6 Key #1: ____ from previous errors
- 7 Law of ____ Conflict
- 8 Off we go into the wild blue ____
- 9 Unexploded Ordnance
- 11 Mission Oriented ____ Posture
- 12 Never ____ with an inspector
- 16 The MC-130P Combat ____
- 17 Nuclear, biological, chemical weapons
- 20 Goal #1: Recognize our best ____ and programs
- 21 For on-base emergencies, dial ____ 11
- 22 Major Accident ____ Exercise
- 24 Key #3 Your Winning ____
- 25 What is being offered at a 50-cent discount March 6 to March 9?

Down

- 2 Goal #3: No ____ Write-ups
- 3 ORI = Operational ____ Inspection
- 4 ____ Control Center
- 5 Key #2 ____ Now
- 10 Ability to Survive and ____
- 13 IG Team Leader ____ Sandwick
- 14 IG work center will be the ____ building
- 15 Goal #2: Obtain ____ or better in all inspection categories
- 18 IG = Inspector ____
- 19 The IG team is staying at the Hampton and the
- 23 Nickname for the B-52

Answers can be found on Page 10.



Elizabeth Davis

One more

Chief Master Sgt. Thomas Pelfrey (far right), 14th Operations Group first sergeant, congratulates March promotees (from left to right, back to front): To master sergeant: Tim Abbey, 14th Security Forces Squadron; to senior airman: Joseph Rimmer, 14th Operations Support Squadron; Daniel Johnson, 14th OSS, Christopher Clinton; 14th Flying Training Wing; Brandon Burden, 14th Medical Operations Squadron; Derrick Berry, 14th OSS; to airman first class, Jon Michael Bridgeman, 14th Mission Support Group; to airman: Sherri Tucker, 41st Flying Training Squadron; Lashandra Cokeley, 14th Communications Squadron; Marquita Bridges, 48th FTS; and to airman first class: Tiara Glover, 14th MDOS.

Not pictured are:

To first lieutenant:

Michael Ethridge, 14th OSS; and Timothy Norman, 50th FTS

To master sergeant:

Donald Newhall, 332nd Recruiting Squadron; and Kenneth Teague, 332nd RCS

To technical sergeant:

Ronald Albert, 332nd RCS; Arden Hunt, 14th MDOS; and Brandon Sims, 14th Mission Support Squadron

To staff sergeant:

Krista Moreau, 14th MDOS; and Tiffanie Timmons, 14th SFS

To senior airman:

Kevin Crawford, 14th CS

To airman first class:

Michael Cucuzza, 14th SFS

To airman:

Amy Nicely, 14th MDOS

Mission Report

T-1A Goal: 366.0 hrs. Flown: 370.4 hrs.

T-38A Goal: 48

Flown: 79

T-37 Goal: 418

T-38C Goal: 199

As of Wednesday

Flown: 463

Flown: 148

Students graduated in FY03: 109

Next graduating class: SUPT Class 03-06

Honor guard helps civil air patrol competition

2nd Lt. Joseph Coslett
Public affairs

The Columbus AFB Honor Guard judged the 2003 Mississippi Wing Civil Air Patrol competition Saturday.

The Golden Triangle CAP Squadron beat out the other competitors to advance to the regional competition in Tyndall AFB, Fla.

“[The GTR team] knew what we had to do to win,” said Dustin Pumphrey, CAP commander.

The three teams were from Olive Branch, Golden Triangle Area and Ocean Springs, Miss. The teams competed in six areas: a mile run, 50-question exam, open-ranks inspection, standard drill, outdoor flag presentation and indoor presentation of the colors.

The 50-question written exam tested their knowledge in protocol and drill ceremony procedures.

Next, the cadets dressed in their best uniforms to show the Columbus AFB Honor Guard their attention to detail in uniform.

Following the open-ranks inspections, the cadets moved on to the drill competition.

During the demonstration of about 15 maneuvers, the cadets were graded on crispness, discipline, steady cadence and precision.

Then the teams completed the outdoor



2nd Lt. Joseph Coslett

Airman 1st Class Lawrence Pitts and Airman Jacob Rewerts, Columbus AFB Honor Guard, demonstrate the proper way to fold a flag while Tech. Sgt. Jody Edwards, honor guard flight sergeant, explains it to the Civil Air Patrol color guard teams.

flag presentation by raising and lowering the flag. Columbus AFB Honor Guard evaluated them on reporting and marching in, rope handling, flag handling, raising/lowering and folding the flag, and marching and reporting out.

“Before the final event only three points separated first and last place,” said Lt. Col. George Comstock, CAP Mississippi Wing

commander. “The last event decided the winner.”

The honor guard set up the indoor flag presentation in the community center.

Each team had five minutes to evaluate the room and figure out how they would present and retrieve the colors in a professional manner.

The judges evaluated their reporting pro-

cedures, voice commands, movements, honors, flag handling and obstacle avoidance.

After the competition the Columbus AFB Honor Guard team gave the CAP teams advice on how to improve their skill.

“Competition was tough,” said Tech Sgt. Jody Edwards, honor guard flight sergeant and chief judge. “I thought the event went well this year I hope they make it bigger.”

Safety attitude — integral part Columbus AFB daily life

Safety is an integral part of the operational readiness inspection and daily life at Columbus AFB.

“As we prepare for the ORI, you’ll hear new words and see some new things being done, but one thing you won’t see is a change in the wing’s safety attitude,” said Theodore Zoska, 14th Flying Training Wing safety office. “Many wings have experienced a lower rating in their overall ORI score due to the fact that safety was compromised during the inspection.”

The following tips can help keep the BLAZE team safe:

❑ Wear seatbelts. Don’t start the vehicle until everyone in the car is belted. The ORI team will conduct a seatbelt check.

❑ Motorcycle and scooter operators — wear helmet and eye protection attached to the helmet, gloves, mandatory long-sleeved shirt, reflective traffic vest or reflective motorcycle jacket, long trousers and sturdy foot protection. Passengers should also wear the same.

❑ Obey the posted speed limits — Simler Boulevard and Independence Avenue - 30 mph; all streets in the industrial area - 25 mph unless otherwise posted; parking lots - 10 mph; housing areas - 15 mph except Capitol Avenue, which is 20 mph; through the gates - 15 mph.

❑ Flight line speed limits — aircraft parking areas - 5 mph; access road - 15 mph; towing speed for aircraft - 5 mph; towing speed for airspace ground equipment - 15 mph.

❑ Personal protective equipment can mean the difference between life and death and successful mission accomplishment. This equipment can range from gloves and hearing protection to a chemical warfare suit. Check all equipment for cleanliness and serviceability prior to going out in the field.

❑ Dehydration is another area of concern. Everyone should make sure to drink plenty of water throughout the day.

❑ Practice operational risk management. Conduct risk assessments when the known conditions or situations change (for example, weather conditions or the donning of chemical gear).

❑ Follow mishap reporting procedures. If a person is involved in a mishap (on or off duty), he or she must report it to their supervisor as soon as possible.

If injured, seek medical treatment and then report the incident to the supervisor.

If a person is involved in a property damage mishap, secure the scene, notify a supervisor, security forces and wing safety and wait for their arrival.

“As you can see, safety is vital to the completion of the ORI,” Zoska said.

“By doing your job the safe way ... you’ll be doing it the right way. And that leads to successful completion of our mission.” *(Courtesy of the 14th Flying Training Wing safety office.)*

Commander appreciates, praises wing for hard work

Col. Steve Schmidt
14th FTW commander



We’ve been talking about it and preparing for it for months ... the operational readiness inspection.

From my perspective, I see hardworking professionals at work accomplishing this wing’s mission with incredible skill and outstanding results. I am proud of you, to say the least. The ORI just gives us an opportunity to show off your combat readiness to the inspector general — I see how great you are every day.

During the past several months, we’ve worked hard to prepare for this inspection. We’ve fine tuned our compliance to higher headquarters directives and honed our readiness through a vigorous exercise program.

The 14th Operations Group has already gotten off to a great start by successfully completing 38 flight

evaluations last month ... great work.

Rest assured, we are prepared. The base will be evaluated in three major areas: daily operations, contingency operations and wartime support.

I know this wing is prepared in large part because you accomplish these events in an outstanding manner every day.

As I traveled around the wing during the past few weeks observing final preparations and exercises, I was filled with pride and appreciation for all your hard work.

Our people and organization have racked up numerous command and higher headquarters awards over the past year — and together we’ve produced more than one-third of the new pilots for the Air Force.

Let me review just a few of our major highlights:

❑ 14th OG trained 466 students last year and graduated 346 new pilots for the Air Force

❑ 14th Comptroller Flight managed more than a \$140 million budget with 2,700 people on the payroll

❑ 14th FTW plans and exercise ran the wing through its paces — typically over 20 exercises a year — 14 since October alone

❑ Actual wartime support — today we’ve already deployed more than 60 people to operations around the world, hundreds more are standing by. Many were short notice deployments of people in key experienced positions, but you got the job done

❑ Actual contingency operations — Nov. 10, 2002, tornado in Columbus, more than 300 people volunteered with supplies and equipment. You made a huge difference in our community

❑ And, we did every bit of it safely with no significant injuries

Men and women of the Columbus BLAZE Team, I’m honored to work and serve with each one of you.

You are the ones who continue to make Columbus AFB better. You always get the job done right.

You are prepared, tested on the homefront and achieving huge results every day.

All we need to do is show the IG what great people and attitudes we have here at Columbus AFB, and the results will speak for themselves.

Attitude is everything. BLAZE ON!

STRAIGHT TALK LINE

Maj. John Clark, 14th Operations Group, goes over the T-37 runway construction plans with Col. Steve Schmidt, 14th Flying Training Wing commander, and Maj. Al Smith, 14th OG. The runway is scheduled to open back up in June.



Airman Alexis Lloyd

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. Although the Straight Talk Line is always available, the best way to resolve problems is through the chain of command.

The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer.

All names are kept confidential. Messages are answered in the Silver Wings without names. Written questions may also be brought to the public affairs office in the wing headquarters building, Bldg. 724.

People can also access the Straight Talk program through the BLAZEWEB at <https://columbusweb.af.mil>. Questions and answers will be edited for brevity.

SILVER WINGS

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copy to the public affairs office, Bldg. 724, Columbus AFB, Miss., phone 434-7069, or e-mailed to silverwings@columbus.af.mil by 2 p.m. Friday. The Silver Wings staff reserves the right to edit or rewrite all copy submitted when necessary.

Silver Wings Editorial Staff

14th FTW commander

Col. Steve Schmidt

Chief, public affairs

Pam Warnken

Editor

Airman Alexis Lloyd

Key phone numbers

Base Exchange.....	434-6013
Chaplain.....	434-2500
Civil Engineer Service Desk.....	434-2856
Civilian Personnel.....	434-2635
Clinic:	
Family Practice.....	434-2172
Appointment Desk.....	434-2273
After Hours Care.....	434-2273
Columbus Club.....	434-2489
Commissary.....	434-7106
Finance.....	434-2706
Housing Maintenance.....	434-7370
Inspector General.....	434-2927
Legal Office.....	434-7030
Military Equal Opportunity.....	434-2591
Security Forces.....	434-7129
Shoppette.....	434-6026

Speakers are needed for the Columbus AFB Speaker’s Bureau. Anyone interested in speaking about the Air Force or their career field at civic clubs, career fairs, science fairs, elementary schools or high schools in the Golden Triangle area can come to the public affairs office and fill out an application. Call Ext. 7068.



Airman John Michael Bridgeman, 14th Mission Support Group, cleans his M-16 under the supervision of 2nd Lt. Ryan Nelson, 14th Civil Engineer Squadron.

Gas, gas, gas

Tech. Sgt. Chloe Ross, 14th Flying Training Wing legal office, goes through the gas mask procedures during an exercise at the SAC Alert facility. The following shows what stage a person should be at when putting on their mask.



1 second



3 seconds



5 seconds



7 seconds



9 seconds



12 seconds



13 seconds



15 seconds



Photos by Tech. Sgt. Jim Moser

Columbus AFB warriors gather at the Strategic Air Command Alert facility for instructional briefings during a contingency exercise recently.

Columbus AFB warriors hone combat skills

Tech. Sgt. Jim Moser
Public affairs

The SAC Alert facility once again rang with the sounds of warriors as Columbus AFB war fighters honed their combat skills during a recent contingency exercise.

The exercise covered refresher training in self-aid and buddy care, combat arms, nuclear biological and chemical warfare defense and unexploded ordnance marking. “We conduct this type of exercise to get our people ready for any contingency operation they might face,” Lt. Col. Eric Leininger, Exercise and Evaluation Team chief, said. “We gather experts in each of the different areas and do some in-depth training. We have a lot of our troops deployed and could be tasked for more. As a wing we owe it to our people to give them every edge we can.”

One of those edges is being comfortable with and confident in one’s chemical warfare gear. “With the current world situation and deployment taskings, anyone would be crazy not to take any training opportunity that could help them survive,” Tech. Sgt. Jeffrey

Gibson, 14th Civil Engineer Squadron Readiness Flight NCOIC, said. “Take mask donning for example. Fifteen seconds can make the difference between life and death. The best way to be confident in your ability to get your mask on is to practice.”

Gibson also pointed out a few things people should do when they get a mask from supply:

- Inspect your mask - make sure all the parts are there and serviceable
 - Check it for cleanliness - clean if necessary before you deploy or train with it sanitation is important in field conditions
 - Know when to inspect your mask in the field and document those inspections on your yellow DD Form 1574
- However, a gas mask is only one part of the protective gear.

“Training like this CONEX helps people become more familiar with their gear,” Gibson said. “We stress the correct wear of the ensemble because as I said before practice is the key. If you don’t put the gear on correct in a training environment what makes you think you can get it right in a real-world situation? Can you put your web gear together in

a balanced manner so the weight is evenly distributed? Questions like these you want to answer ‘yes’ to while you are here so when you are somewhere where your life may depend on it you’re confident in your abilities and equipment.”

While training goes a long way to prepare deployers, you can’t stuff your combat arms instructor in your “A” bag and pull him out to fix your jammed M-16.

This is where the Airman’s Manual and the Ability to Survive and Operate guide come in handy. “The Air Force made those books the size they are for a reason,” Leininger said. “They conveniently fit in BDU and flight suit pockets so you can supplement your home station training. They are very useful tools. But just like any other book, if you don’t take the time to read them they’re just another ream of paper, water proof paper, but paper just the same.”

As the exercise finishes and the deployers head back to their units, silence fills the SAC alert facility. “Anytime you conduct training like this and people come away with a better understanding of what they will face in a deployed environment, it is a successful exercise,” Leininger said.

AT THE CHAPEL

Chapel schedule

Catholic

Sunday activities:
9:15 a.m. — Mass
10:30 a.m. — CCD
5 p.m. — Confessions
5:30 p.m. — Mass
Wednesday
11:30 a.m. — Mass

Protestant

Sunday activities:
9 a.m. — Sunday school
10:45 a.m. — Traditional worship
1 p.m. — Contemporary worship
Wednesdays
5:30 p.m. — Video Bible study supper
7:15 p.m. — Choir rehearsal
Thursdays
11:30 a.m. — Lunch Bible study
For Islamic, Jewish, Orthodox or other services, call the chapel at Ext. 2500.

AT THE MOVIES

All movies are shown at 7 p.m., unless otherwise noted, at the base theater.

Today

“Darkness Falls” (PG-13, terror and horror images, and brief language, 85 min.)
Starring Chaney Kley.

Saturday

“Confessions of a Dangerous Mind” (R, language, sexual content and violence, 113 min.)
Starring Sam Rockwell.

March 14

“Final Destination 2” (R, strong violent/gruesome accidents, language, drug content and some nudity, 90 min.)
Starring Ali Larter.

CHANNEL 64

BLAZE 64 offers announcements for people living in base housing or the dormitories.
Call 2nd Lt. Joseph Coslett for more information at Ext. 7065.

Weekdays

9 a.m., noon and 2 p.m.
Air Force Television News
Monday through March 14
9:30 a.m., 12:30 p.m. and 2:30 p.m.
College Level Examination
Program Tapes:
Introduction to Management

FAMILY SUPPORT



(Editor’s note: All activities are offered at the family support center unless otherwise specified. For more information, call Ext. 2790.)

Education grant: The deadline to apply for the Gen. Henry H. Arnold Education Grant is today.

The \$1,500 grant is available to eligible family members of active duty, reservists on extended active duty, full-time active duty, retired, retired reservists with 20 years or more, active-duty service and spouses of deceased Air Force people.
Call Shirley Pinkney for an application.

Workshop: A Microsoft Excel beginners’ workshop is from 9 to 10:30 a.m. March 19.

The seating is limited, and people must register in advance.

Small businesses: A small business development workshop is from 3:30 to 4:30 p.m. March 25. The workshop is for people interested in starting their own business.

Transition workshop: A transition assistance workshop is from March 25 to March 27. This is for people who are retiring or separating in the next year. Spouses are encouraged to attend.

Access workshop: The family support center offers a beginning Microsoft Access 2000 workshop from 9 to 10:30 a.m. March 26.

Seating is limited, and people must register in advance.

Health benefits: A health benefits briefing is from 3:15 to 4:15 p.m. March 26. The briefing is for people who are retiring or separating.

BASE NOTES



Playgroup: A Mommy and Me playgroup begins at 10 a.m. Tuesday at the chapel. This is a weekly playgroup for ages 18 months to 3 years and their par-



Airman Alexis Lloyd

Sew much fun

Sue Lowry, 14th Mission Support Squadron, works on the “America the Beautiful” quilting project at the chapel. Volunteers are still needed Thursday nights and Friday mornings, and no expertise is required. For more information, call the chapel at Ext. 2500.

ents. For more information, call Birgit Coslett at 434-5876.

Nutrition month: March is National Nutrition Month. Look for displays at the commissary and library. There are also youth and child activities. For more information, call Ext. 2477.

MCC events: The multicultural committee is sponsoring many events in honor of Women’s History Month. There are free automotive workshops at 6 p.m. March 18 and March 25 at the auto hobby shop.

There is a luncheon at 11 a.m. March 31 at the Columbus Club. The guest speaker is Dr. Claudia Limbert, Mississippi University for Women president.

For more information on these activities, call Ext.2781.

Childcare: All parents returning from Operation Enduring Freedom are able to receive 16 hours of free childcare from the Extended Duty Child Care program.

Children ages 12 years and under are eligible for care. The care must be used in the first 30 days of return from OEF deployment.

People supporting other deployments more than 30 days may also receive this care.

The person’s eligibility must be verified with the Military Personnel Flight or their command section. For more information, call Ext. 2479.

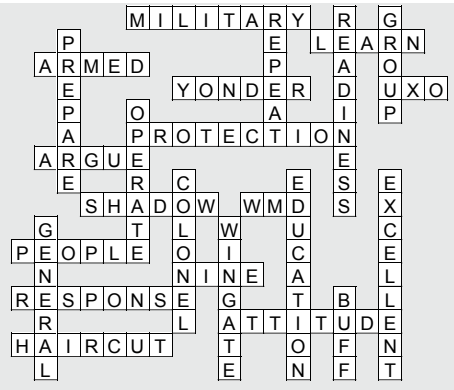
Auditorium: Anyone wishing to use the Phillips Auditorium for events should contact Marj Bryde at Ext. 7468.

A point of contact, unit, title of event and phone number are required for scheduling.

Contracted services: Any questions or comments about the 14th Civil Engineer Squadron contracted services, call Ext. 7414 for custodial and refuse pickup or Ext. 7415 for grounds maintenance.

Do-it-yourself moves: A temporary duty do-it-yourself move is a move from the original permanent duty station to a TDY location and return to original station.

It is not a TDY enroute in conjunction with a permanent change-of-station move. Local units are responsible for authorizing and appropriating funding for people wanting to do a TDY do-it-yourself move.



SERVICES SNAPSHOTS

Services offers “First Look” for base newcomers

Pam Wickham

Marketing director

More than 40 base newcomers were treated to a free hamburger cookout at the 14th Services division’s “First Look at Services” Feb. 6.

This new initiative is offered monthly at the community center with every services activity manager available to answer questions about their programs and services.

“This is our time with the people new to Columbus AFB, and we want to show them that we have something to offer everyone,” said Louella Anderson, 14th SV chief.

“We also take this opportunity to see what we can do to improve or maybe generate interest in a new program,” Anderson said

All newcomers and their families are invited to attend and check out the various services and programs offered by services.

The next “First Look” is at 5:30 p.m. March 27 at the community center.

For more information, call Ext. 2337.



Rachel Kasic

Robert Johnson and Ricky Jones, standing, talk about their programs at the skills development center.

Services offers variety of programs for CAFB

American Cafe open: The Columbus Club’s American Cafe opens from 5:30 to 8:30 p.m. Fridays and is open to all ranks.

Today’s entree choices include roasted stuffed chicken breast or London broil with mushroom gravy.

Side dishes include rice pilaf, chef’s vegetables, tossed greens, tomatoes and cucumber with ranch dressing, rolls and butter and coffee/tea. Cost is \$13.50. Club members receive a \$2 discount. Call Ext. 2489.

All ranks bingo: Games begin at 6 p.m. Fridays in the community center ballroom.

People play five \$75 regular games, one \$125 odd and even coverall game and a \$1,000 progressive jackpot game. Consolation prize is \$150 if the jackpot does not go in 56 numbers or less.

Admission fees for nonmembers are \$5. Call Ext. 2489.

Rhythm and blues night: Disc Jockey Maze features rhythm and blues music

from 9 p.m. to 1 a.m. today in the enlisted lounge. Call Ext. 2489.

Sunday brunch: The Columbus Club offers an all-ranks brunch from 10:30 a.m. to 1:30 p.m. Sunday. Cost is \$10.95 and club members receive a \$2 discount.

Be sure to ask for an entry for the Premier Vacation promotion.

Brunch is offered the second and fourth Sundays of every month. Call Ext. 2489.

NAF sales store: The non-appropriated funds sales store is located at outdoor recreation and features items such as dishes, ironing boards, miscellaneous furniture and other items. Call Ext. 2505 for more information.

Parents day out: The child development center offers a parents day out from 9 a.m. to 3 p.m. March 15. Cost is \$3 per hour per child and a \$5 nonrefundable reservation fee is required. Reservations must be made by Tuesday. Call Ext. 2479.

Casino trip: The information, ticket and travel office offers a trip March 21 to the Silver Star Casino in Philadelphia, Miss.

Cost is \$15 per person, and it includes transportation and \$15 in coins. The bus departs at 5:30 p.m. and returns at approximately 2:30 a.m. Call Ext. 7858.

Family bingo: The youth center offers a family bingo night at 6 p.m. March 21. Parents and non-members pay \$1 to play. Members play free. Call Ext. 2504.

Spring break day camp: Register now for this youth center program for children from kindergarten through sixth grades.

The program is offered from 7 a.m. to 5:30 p.m. March 31 through April 4. Fees are based on family income. Call Ext. 2504.

Family child care: People who want to stay home with their children but want to earn extra income can look into providing childcare in their home on base. Call Ext. 2479.

Premier Vacation Club Promotion Ends March 31

You could be one of the four AETC club members to win a \$3,500 vacation package

Receive an entry form for every \$2 food purchase at the Columbus Club during lunch or receive 5 entries for every \$5 food purchase at the American Cafe.

Entries are also entered for the weekly \$100 drawing at the Columbus Club.

Our weekly winners to date are:

Week 1 - Don Strickland
Week 2 - Hud Hudnall
Week 3 - Lt. Col. Gerard Rowe
Week 4 - Capt Edward Segura
Week 5 - It could be you

Columbus Club Lunch Buffet

Served from 11 a.m. to 1 p.m.
\$7.95 per person -- Club members receive \$2 discount
Cost includes vegetable, tossed salad and beverage
Ala carte menu also available

Today
Fried catfish
Stuffed crab
Cherry cobbler

Monday
Fried chicken
Pork loin
Banana pudding

Tuesday
Chicken fried steak
Sausage & peppers
Peach cobbler

Wednesday
Lasagna
Baked fish
Assorted cakes

Thursday
Soup, salad and potato bar

Staying healthy, fit through good eating, exercise habits

Master Sgt. Gilbert Shrieves Health and wellness center

Poor eating habits are hard to break. They take time and willpower to change, and those two things tend to be in short supply.

Fad diets are quick and appealing, and we don’t have a lot of extra time. They work for a while and you drop a few pounds.

Then you lose the will to continue to eat stuff you don’t want to and fall back to old eating habits. Quite a vicious cycle.

Gradually changing your eating habits yields the best results over the long term.

The best weight-loss indicators are reduced lipid panels, glucose levels and blood pressure readings.

Take a few minutes and answer the following questions.

☐ Are you skipping breakfast — the most important meal of the day?

☐ Are you grabbing a candy bar from your break room because you didn’t think to bring a piece of fruit from home?

☐ Are you standing over the stove and snacking

rather than waiting until you can sit at the table and really taste and enjoy the foods?

If you answered yes, then changing your eating habits can help you in following a healthier diet plan for long-term results.

The first thing you might want to do is spend a few days looking at how you eat and then try some of these behavior techniques to work on gradually changing your eating habits.

☐ Before starting a meal, enjoy the appearance of the food and drink a glass of a low calorie beverage or water. This will cut your hunger pains and prepare you to be more aware of your food.

☐ Eat slowly and take at least 20 minutes to eat a meal. Your body takes that length of time to register fullness.

☐ Eat only in one place in your house. That will reduce the number of opportunities for eating and lessen food thoughts.

☐ Eat only if you are hungry. Don’t be a clock-watcher, skipping meals is not encouraged because you will tend to overeat later.

☐ Think about why you are eating. Overeating is often done to fill in or a reaction to a strong emotion.

Can you change the situation or feeling?

☐ Try to plan healthy choices but don’t just eat “diet” foods unless that is what you truly like to eat.

☐ Reduce food cues in your environment. Don’t leave out food dishes, cookie jars and leftovers to tempt you.

☐ Always shop for groceries on a full stomach.

Using one or more of these techniques in your daily eating plan will go a long way toward dropping unwanted pounds, reducing blood sugar levels, lowering cholesterol and high blood pressure.

When you succeed in wiping out certain habits, be good to yourself and reward the changes in non-food ways.

Don’t forget about exercise.

Contact the fitness program managers at the health and wellness or fitness and sports center to help personalize your exercise plan.

A lot can be said for a positive attitude. Surround yourself with a positive environment that’s not constantly nagging you to change.

And as always come visit us at the HAWC.

We offer many services to help you get and stay fit. For more information call Ext. 2477.

SHORTS

Fun run

A St. Patrick’s Day fun run-walk is at 11 a.m. March 14 at the fitness center.

The walk is one and a half miles and the run is three miles.

People should wear green.

The person who answers the most questions on the special St. Patrick’s Day quiz wins a prize. Call Ext. 2772.

No-tap bowling

All levels of bowlers are invited to enter this monthly no-tap tournament March 21.

Sign up by 6:45 p.m., and the games begin at 7 p.m. Entry is \$10.

Players must get a strike with a red-head pin to spin the wheel to win a prize. Call Ext. 2426.

Soccer standings

Team	Wins	Losses	The following are the intramural Thursday league standings as of Sunday.
Green	1	0	
Red	1	0	
Gold	0	1	
Blue	0	1	
Gray	0	0	

Bowling standings

The following are the intramural Thursday league standings as of Feb. 27.	Team	Wins	Losses
	Misfits	132	52
	Strokin	120	64
	14th OSS	114	70
	SFS #1	74	110
	48th FTS	74	110
	SFS #2	32	142

Basketball standings

The following are the intramural league standings as of Tuesday.

Team	Wins	Losses
14th OSS	13	4
48th FTS	10	4
37th/41st FTS	10	6
14th COM	12	8
DynCorp	11	9
14th MSS	9	9
50th FTS	8	8
14th MDG	7	12
14th SFS	0	20

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one): Home Transportation Miscellaneous Yard sales Pets

Print advertisement: _____

Name: _____

Home Telephone #: _____ Duty Telephone #: _____
(in case we need more information)

Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings? Yes ☐ No ☐

What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐

If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.

AROUND TOWN

Dinner theater: Streetcar Productions, Inc. in East Columbus’ Gateway Shopping Center has open house today, 10 a.m. to 7 p.m., with it’s first musical “Just South of Broadway” set for March 20, 21, 28, 29 and April 2, 4, 11, 12.

Dinner tickets are \$35 with catering by the Columbus Country Club.

Gallery seats are \$15 (no meal) and a Sunday dessert matinee, April 6, is \$20.

Ten percent military discounts are offered.

Advance reservations required. For more information, call 240-1832.

Adoption support group: An adoption support group meeting is at 3 p.m. Sunday in Room 108B of First United Methodist Church.

The group provides social opportunities, educational programs and support for families formed by interna-

tional or domestic adoption and people considering adoption.

Child care is available for a charge, and advance reservations for care are appreciated. For more information, call Beth Runkle at 329-7515.

Pilgrimage: The Columbus Pilgrimage is April 1 to April 13 with 19 pre-Civil War buildings open for tours.

Highlights include White Arches built in 1857, and Missionary Union Baptist Church, the oldest African American church in this region.

During Pilgrimage, carriage rides are available and the Chattanooga Star Riverboat will dock in Columbus for river tours and dinner cruises.

Pilgrimage tickets go on sale Monday, and military discounts are offered.

For tickets visit the Tennessee Williams Welcome Center on Main Street or call 329-3533.

Details are at www.historic-columbus.org or www.columbus-mississippi.org

Book sale: A Friends of the Library book sale is from 3 to 9 p.m. Thursday, 8 a.m. to 9 p.m. March 14 and 8 a.m. to 4 p.m. March 15 at Leigh Mall.

All proceeds benefit the Columbus-Lowndes public library system.

For more information or to volunteer, call 329-5300.

Franklin open house: A Kindergarten Open House for Franklin Academy is from 9 to 11 a.m March 14.

Parents can preregister their children for kindergarten during this time.

Each child needs their birth certificate, Mississippi immunization card, social security card and proof of residency.

For more information, call 328-4143.



U.S. Air Force Photo

Bowled over

Bowlers from throughout AETC listen Monday as Dave Smart from Columbia 300 describes the influence various factors have on how a bowling ball travels down the lane. The workshop was presented at the Randolph Air Force Base, Texas, Bowling Center prior to practice sessions for the AETC Command Championship Bowling Tournament that took place Tuesday through Thursday at Randolph.



Jeannine Giegler and Jay Hanson, Gold Diggers chase Erin Reynolds, Green Machine.

Columbus AFB gets kick out of new soccer league

Tech. Sgt. Jim Moser
Public affairs

Columbus AFB kicked off its outdoor soccer league Sunday with two games at the soccer field next to the Columbus Club.

“Overall, I am very pleased with the turnout, the refs and the support from the base,” said Doug Burgoyne, league director.

The league has more than 90 players on five teams with more people joining.

“I’m getting more calls about it everyday,” Burgoyne said. “If I get enough interest, I’ll expand and create a sixth team.”

The league is open to all people ages 18 and up affiliated with Columbus AFB.

“The best thing about the league is that anyone who wants to play can play, even

beginners,” Burgoyne said. “We have experienced division one NCAA players and beginners, men and women both playing together.”

“I joined the league because I missed playing competitive sports, and I needed a reason to get out and exercise,” said Jay Hanson, Gold Diggers player. “We have played one game, which we lost, but the league seems to be a lot of fun for all involved. I am really bad at soccer but the good news is I can only get better.”

The 14th Services Division purchased new goals and nets and plans to build a new soccer field next to the 50th Flying Training Squadron.

For more information about the league, call the fitness center at Ext. 2772 or check out the league’s website at www.geocities.com/columbusfutbol.



Chris Wilson (right), Green Machine player, heads the ball over Ryan Garlow, Gold Diggers player. The Green Machines won 4-1 in Sunday's game.

Photos by Tech. Sgt. Jim Moser



The Gold Diggers and the Green Machines compete for the ball during Sunday's game.